

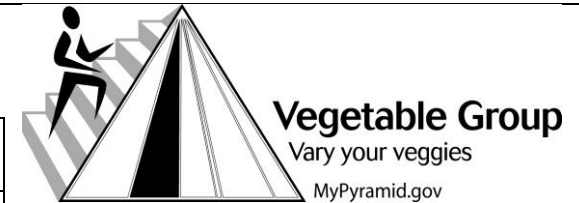
## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-01-11)

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### 100357 – POTATOES, FROZEN, OVEN FRY, 5 LB

|  |   |
|--|---|
| <b>CATEGORY</b>                          | <ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>   |
| <b>PRODUCT DESCRIPTION</b>               | <ul style="list-style-type: none"> <li>U.S. Grade A, low moisture, frozen French fried potatoes that have been crinkle cut. Potato strips will be from 3/8 inch to 1/2 inch across.</li> </ul>  |
| <b>PACK/YIELD</b>                        | <ul style="list-style-type: none"> <li>6/5 lb pkgs per case.</li> <li>One 5 lb pkg AP yields about 20 1/4 cups baked crinkle cut French fries and provides about 81.0 1/4-cup servings baked vegetable.</li> <li>One lb AP yields 0.92 lb (about 4 cups) baked crinkle cut French fries and provides about 16.2 1/4-cup servings baked vegetable.</li> <li>CN Crediting: 1/4 cup baked crinkle cut French fries provides 1/4 cup vegetable.</li> </ul>  |
| <b>STORAGE</b>                           | <ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul> |
| <b>PREPARATION/ COOKING INSTRUCTIONS</b> | <ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.</li> </ul>  |



### Nutrition Information

Potatoes, French fried, crinkle cut, salt added in processing, oven-heated

|               | 3 oz (about<br>15 pieces)<br>(85 g) | 1/2 cup<br>(52 g) |
|---------------|-------------------------------------|-------------------|
| Calories      | 120                                 | 73                |
| Protein       | 2 g                                 | 1 g               |
| Carbohydrate  | 19 g                                | 12 g              |
| Dietary Fiber | 2 g                                 | 1 g               |
| Sugars        | 0 g                                 | 0 g               |
| Total Fat     | 4 g                                 | 2 g               |
| Saturated Fat | 1 g                                 | 0.6 g             |
| Trans Fat     | 0 g                                 | 0 g               |
| Cholesterol   | 0 mg                                | 0 mg              |
| Iron          | 0.4 mg                              | 0.2 mg            |
| Calcium       | 0 mg                                | 0 mg              |
| Sodium        | 18 mg                               | 11 mg             |
| Magnesium     | N/A                                 | N/A               |
| Potassium     | N/A                                 | N/A               |
| Vitamin A     | 0 IU                                | 0 IU              |
| Vitamin A     | 0 RAE                               | 0 RAE             |
| Vitamin C     | 6.3 mg                              | 3.9 mg            |
| Vitamin E     | N/A                                 | N/A               |



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| <b>PREPARATION/<br/>COOKING<br/>INSTRUCTIONS<br/>(con't)</b> | <ul style="list-style-type: none"><li>• Cooking times are based on a two pan oven load of 2 lb 8 oz per pan, potatoes spread one layer deep, using one of the following:<ul style="list-style-type: none"><li>– Conventional oven at 450 °F for about 20 to 26 minutes; OR,</li><li>– Convection oven at 425 °F for about 12 to 13 minutes.</li></ul></li><li>• Heat to desired golden brown and crisp. SERVE IMMEDIATELY.</li></ul>  |
| <b>USES AND TIPS</b>   | <ul style="list-style-type: none"><li>• Serve French fries plain.</li></ul>   |
| <b>FOOD SAFETY<br/>INFORMATION</b>                           | <ul style="list-style-type: none"><li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li><li>• Do not refreeze potatoes.</li></ul>  |
| <b>BEST IF USED<br/>BY GUIDANCE</b>                          | <ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul> |

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